Benedict Sheehan is a composer, conductor, arranger, writer about, and teacher of, music. He is Director of Music at St. Tikhon's Orthodox Theological Seminary and Monastery; and, since founding the group in 2015, he has served as Artistic Director of the Chamber Choir of St. Tikhon's Monastery, a professional vocal ensemble. He is also a frequent clinician and speaker in the field of Orthodox choral singing around the United States and Canada. His musical education includes degrees from Westminster Choir College and Bard College Conservatory of Music. He also has a Master of Divinity from St. Tikhon's Seminary. As a conductor, Sheehan has appeared with noted early music ensemble Cappella Romana, Dawn Upshaw and members of the Bard Vocal Arts Program, The Orchestra Now, and many others. He has made several recordings with the choirs at St. Tikhon's, and has also acted as associate conductor on numerous recordings, including upcoming projects with the Clarion Choir in 2018. As a writer, Sheehan is a contributor to several online publications, including Orthodox Arts Journal and the Orthodox Christian Network (OCN), and his blog on Ancient Faith Ministries is called *The Music Stand*. A number of his liturgical compositions are currently in print with Musica Russica. Some of his recent publications include the debut album of Chamber Choir of St. Tikhon's Monastery, *Till* Morn Eternal Breaks: Sacred Choral Music of Benedict Sheehan (2015), and an anthology entitled A Common Book of Church Hymns: Divine Liturgy (2016), both available from St. Tikhon's Monastery Press. His composition for unaccompanied chorus, The Opening Psalm (2016), will be performed by the Kansas City Chorale in the summer of 2018, conducted by Charles Bruffy. He is also currently working on a major commission from the PaTRAM Institute to compose music for the Divine Liturgy. Sheehan's compositions and arrangements are sung by choirs across the English-speaking world. He and his wife Maria, together with their seven daughters, live in northeastern Pennsylvania.